We will collect this booklet and your monitors at your next home visit on ________________________

THANK YOU!

ACCELEROMETER
LOG
When to wear the monitor: We would like you to wear the activity monitor for the next 7 days. You should take it off when you go to bed at night, and put it on when you wake up in the morning. You should also take off the activity monitor when taking a bath or shower, going swimming, or doing other activities in the water.

How to wear the monitor: You should put the monitor belt around your waist so that it sits on the right hip. It should be snug but comfortable.

How to use this log: This log will show us when you wore the monitor and any activities that were done when the monitors were off.

1. Fill in what time you woke up and put on the monitor.
2. Fill in what time you took the monitor off and went to bed.

If you have questions:
Call <NAME> at <PHONE NUMBER>

EXAMPLE:

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>WAKE UP (TIME MONITOR ON)</th>
<th>GO TO BED (TIME MONITOR OFF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>July 11</td>
<td>6:45 a.m.</td>
<td>10:30 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>July 12</td>
<td>7:00 a.m.</td>
<td>11:15 p.m.</td>
</tr>
<tr>
<td>3</td>
<td>July 13</td>
<td>6:50 a.m.</td>
<td>10:05 p.m.</td>
</tr>
</tbody>
</table>

Reference